



Trumbull Recreation Department

# Fall/Winter 2008-2009 Programs

Roger McGovern  
Dennis Mucci  
Marie Petitti  
Nancy Walsh  
Dennis White – Chairman  
Gail Bokine – Secretary  
Mary Markham - Director

Hours: 9am – 5pm  
Mon - Fri  
Judge Aram Tellalian Building  
Town Hall Annex  
5892 Main Street  
(203) 452-5060

[www.trumbull-ct.gov](http://www.trumbull-ct.gov)

ALL PROGRAMS ARE RESTRICTED TO TRUMBULL RESIDENTS.

All information is subject to change. No participant shall be excluded due to the inability to pay. Dates and times are subject to change. NO REFUNDS will be given. Listen to WICC for cancellations due to inclement weather. Cancellation Line 452-5169. For further information, contact the Recreation Department at 452-5060.

Fee Schedule:

Pay full price for 1<sup>st</sup> person and ½ price for any additional participants in the same program.

Also, an additional \$5.00/per transaction for Credit Card charges.



### A1 - Adult Water Aerobics

Limit: 40 people

FEE: \$35/session. NO REFUNDS.

Adult water Aerobics is being offered at the Hillcrest Middle School pool on Daniels Farm Road for all Trumbull residents 18 years and older with proof of residency. There will be two ten-week sessions in September and January. Registration begins Tuesday, September 2<sup>nd</sup>. The days and times for Adult Water Aerobics are as follows:

Monday & Wednesday mornings – 9:30 a.m. – 10:30 a.m.  
beginning September 22<sup>nd</sup>.

Monday & Wednesday mornings – 11:30 a.m. – 12:30 p.m.  
beginning September 22<sup>nd</sup>.

Monday & Wednesday evenings – 7:00 p.m. – 8:00 p.m.  
beginning September 22<sup>nd</sup>.

Please remember to bring two empty gallon jugs secured with lids to each class.



## BABYSITTING

### B1- American Red Cross Babysitters Training Course

Limit: 6 people minimum/12 maximum.

FEE: \$60/session. NO REFUNDS.  
No Discounts.

There will be two, two-day sessions offered to Boys' and Girls' ages 11 – 15 in the Council Chambers at Town Hall. Registration begins September 2<sup>nd</sup> at the Recreation Department.

The days and times are as follows:

Session 1: Wednesday, November 12<sup>th</sup> and Thursday,  
November 13<sup>th</sup>, 3:30 p.m. – 6:30 p.m.

Session 2: Wednesday, March 18<sup>th</sup> and Thursday,  
March 19<sup>th</sup>, 3:30 p.m. – 6:30 p.m.

## BADMINTON



### Co-ed Badminton

Co-ed Badminton is being offered for Trumbull residents 15 years and older. Co-ed Badminton meets Monday evenings from 7:00 p.m. – 9:00 p.m. at the Trumbull High Auxiliary Gym and will begin October 20<sup>th</sup>.



## BASKETBALL

### C1 - Youth Basketball Leagues

FEE: \$35 plus (\*see shirt prices below). No Refunds.

**\*Boys Shirts - Grades K - 6 = \$12.00**

**Grades \*\*7 - 12 = \$20.00**

**\*\*(IF YOU HAVE A TANK SHIRT FROM LAST YEAR  
YOU HAVE THE OPTION OF USING IT THIS YEAR).**

**\*Girls Shirts - Grades K - 6 = \$12.00**

**Grades \*\*7 - 12 = \$20.00**

**\*\*(IF YOU HAVE A TANK SHIRT FROM LAST YEAR  
YOU HAVE THE OPTION OF USING IT THIS YEAR).**

The department is offering a basketball league starting in late November/ December for boys and girls. The leagues will be set up as follows:

Boys' Kindergarten and 1<sup>st</sup> Grade

Boys' 2<sup>nd</sup> Grade

Boys' 3<sup>rd</sup> Grade

Boys' 4<sup>th</sup> Grade

Boys' 5<sup>th</sup> and 6<sup>th</sup> Grade

Boys' 7<sup>th</sup> and 8<sup>th</sup> Grade

Boys' 9<sup>th</sup> - 12<sup>th</sup> Grade

Girls' Kindergarten and 1<sup>st</sup> Grade

Girls' 2<sup>nd</sup> & 3<sup>rd</sup> Grade

Girls' 4<sup>th</sup> Grade

Girls' 5<sup>th</sup> and 6<sup>th</sup> Grade

Girls' 7<sup>th</sup> - 12<sup>th</sup> Grade

Please note: Volunteer Coaches are Needed! Registration begins September 2<sup>nd</sup> and closes October 24<sup>th</sup>.

### Adult Open Rec. Basketball

Adult Open Rec. Basketball is offered for all Trumbull adults with proof of residency.

18 years and older: Hillcrest Middle School Gym - Friday evenings from 7:00 p.m. - 9:00 p.m. beginning October 17<sup>th</sup>.

30 years and older: Booth Hill Elementary School Gym - Thursday evenings from 7 p.m. - 10 p.m. beginning October 16<sup>th</sup>.

Men's 40+ Over the Hill: Jane Ryan Elementary School Gym - Tuesday and Friday evenings 7 p.m. - 9 p.m. beginning September 16<sup>th</sup>.

### Open Rec. Basketball

Open Rec. basketball is offered for all Trumbull residents with proof of residency. The days, times and locations are as follows:

Booth Hill: Tuesday evenings – 7:00 p.m. – 9:00 p.m. beginning October 14<sup>th</sup> .

Hillcrest: Saturday afternoons – 12 noon – 3:30 p.m. beginning October 18<sup>th</sup> .  
Sunday afternoons – 12 noon – 3:30 p.m. beginning October 19<sup>th</sup> .

Madison: Sunday afternoons – 12:00 noon – 3:30 p.m. beginning October 19<sup>th</sup> .

Tashua: Monday evenings – 7:00 p.m. – 9:00 p.m. beginning October 20<sup>th</sup> .  
Saturday afternoons 12:00 noon – 3:30 p.m. beginning October 18<sup>th</sup> .

Trumbull Recreation Department  
2008 Youth Dog Handling Program

D1 - FEE: \$90. No Refunds.  
Limit: 10 handlers/10 dogs

Make checks payable to the Trumbull Recreation Department.

The Youth Dog Handling Program is being offered to ages 14 and up by Ralph Arganese to be held at:

Old Mine Park

Wednesday's – September 17 from 4-6 pm

September 24 from 4-6 pm

Saturday - September 27 PICNIC from 12-2 pm

Curriculum is as follows:

September 17 – Introduction and basic "Dog Talk"

September 24 – Leash Control and the Dog's Mind

September 27 – "Putting it all together" and Picnic!



## Fitness

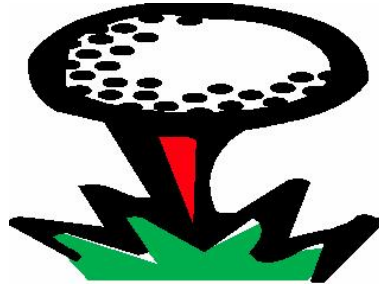
### E1 - Precision Stretching and Toning

Limit: 15 people.

FEE: \$40/session. NO REFUNDS.

An eight-week class is being offered to Trumbull residents ages 16 and up for all fitness levels at Teen Center Upper – 2<sup>nd</sup> Floor located at Indian Ledge Park on Wednesdays at 8:15 p.m. – 9:15 p.m. beginning 09/10/08. Various forms of integrated exercise that are performed to music and create a workout that will tone, firm, stretch, and strengthen the muscles of the body. This is an easy to follow program that will raise your fitness level. The workout is performed with music with a relaxation period at the close of the class. This can be used by people interested in beginning an exercise program and can act as a preparation and a starting point of movement into other types of exercise and fitness programs. Wear loose fitting clothing and bring a towel and a mat for a fun way to add exercise to your life. Due to the availability this class is limited to 15 participants.





## F1

### Fall Adult Golf School

**FEE: \$89/person.**

**NO REFUNDS.**

**No Discounts.**

Golf lessons are being offered for all Trumbull residents 18 years and older with proof of residency for two, four-week sessions. Registration begins Tuesday, September 2<sup>nd</sup>. The days and times for the golf lessons are as follows:

Saturdays - 10:00 A.M. – 11:00 A.M.

Session 1: September 27 – October 11

Session 2: November 1 - November 22

### Fall Children's Golf School

FEE: \$89/child. NO REFUNDS.

No Discounts.

There are two, four-week golf sessions being offered for Trumbull children 6-16 years of age. Registration begins September 2<sup>nd</sup>. Days and times for the golf lessons are as follows:

Tuesdays - 4:00 P.M. – 5:00 P.M.

Session 1: September 2 – September 23

Session 2: October 7 – October 28

### Fall Women's Golf School

FEE: \$89/person.

NO REFUNDS.

No Discounts.

Golf Lessons are being offered for all Trumbull residents 18 years and older with proof of residency for two, four-week sessions. Registration begins Tuesday, September 2<sup>nd</sup>. The days and times for Golf Lessons are as follows:

Tuesdays - 10:00 A.M. – 11:00 A.M.

Session 1: September 2 – September 23

Session 2: October 7 – October 28

Location: Golf Center of Connecticut  
784 River Road  
Shelton, CT 06484  
(203) 929-6500

## HILLCREST POOL PROGRAMS & SCHEDULES

Hillcrest Pool is located in Hillcrest Middle School on Daniels Farm Road. All children under the age of 12 must be accompanied and supervised by an adult 18 years or older. All adults entering the pool, must show proof of residency. Children 12 years and older must sign in with the ID checker. No floatation devices of any kind are allowed. All untrained children must wear swim diapers. No shoes of any kind are allowed on the pool deck.



### Family Swim

Family Swim is offered for all Trumbull residents with proof of residency.

The days and times for Family Swim are as follows:

Thursday evenings – 7:00 p.m. – 8:15 p.m. beginning October 16<sup>th</sup>.  
Saturday afternoons – 2:00 p.m. – 3:30 p.m. beginning October 18<sup>th</sup>.  
Sunday afternoons – 1:30 p.m. – 3:30 p.m. beginning October 19<sup>th</sup>.

### Adult Swim

Adult Swim is offered to Trumbull residents 18 years and older with proof of residency.

The days and times for Adult Swim are as follows:

Monday mornings – 10:30 a.m. – 11:30 a.m. beginning September 22<sup>nd</sup>.  
Wednesday mornings – 10:30 a.m. – 11:30 a.m. beginning September 24<sup>th</sup>.  
Sunday afternoons – 12:00 noon - 1:30 p.m. beginning October 19<sup>th</sup>.

### Adult Early Bird

Adult Early Bird swim is offered for all Trumbull residents 18 years and older with proof of residency. Early bird swim is offered year-round Monday through Friday from 6:00 a.m. – 7:15 a.m.



**Families**



**Generation to Generation**



**Self Defense**

**G1 – KARATE:** (Students must be 8yrs. Of age to participate)

FEE: \$30. Ages 8-11  
\$40. Ages 12 – Adult      **NO REFUNDS.**

Schedule: 8 week session. Classes starting – October 28<sup>th</sup> .  
Additional classes to follow.

Dates and Times: Tues. & Thurs. – Beginners – 7:00 p.m. – 8:00 p.m. (Ages 8 - Adult)  
Tues. & Thurs. – Intermediate & Advanced – 8:00 p.m. – 9:00 p.m.  
(Ages 12 – Adult)

Location: Teen Center – 2<sup>nd</sup> Floor  
Indian Ledge Park

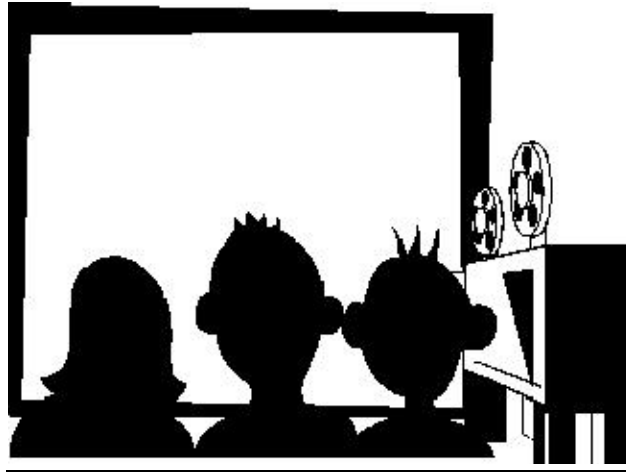
Trumbull Recreation is proud to host Kyokushin Karate. Kyokushin is a traditional Japanese style of karate. Sensei Glenn Learnard is a 4<sup>th</sup> Degree Black Belt and has over 25 yrs. Of teaching experience.

#### About the Class

Beginners – Students will participate in vigorous striking and blocking techniques to improve their cardiovascular conditioning, muscle strength and flexibility while learning self-defense and self-discipline. Awareness, assault prevention, and escapes from basic holds are also covered. Parent and Child participation is encouraged.

Intermediate/Advanced – Experienced students can obtain ranking, compete in tournaments, pursue self-defense skills or participate to improve their mind, body and spirit. Advanced students will further explore the psychology, science and the art of sport fighting and street self-defense techniques. Advanced escape, restraining and fighting techniques are covered.

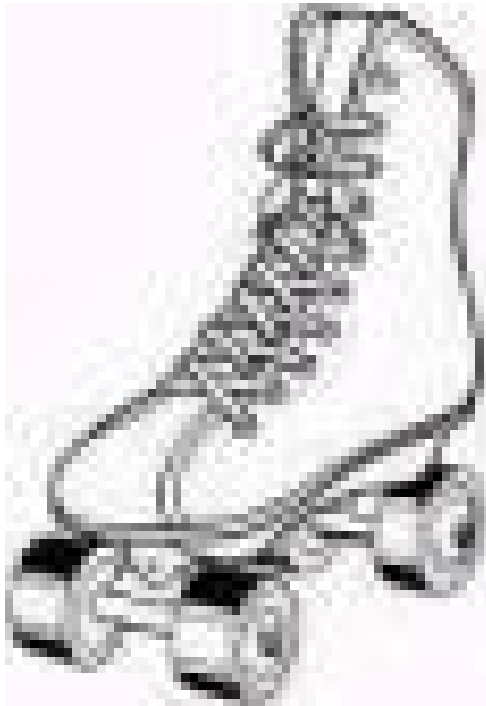
For more information visit: [WWW.TRUMBULLKARATE.COM](http://WWW.TRUMBULLKARATE.COM)



## MOVIE TICKETS

Movie Tickets for all Bow Tie Theaters \$8.00/each

Proceeds to benefit the Teen Center. Tickets available in the Trumbull Recreation Department.

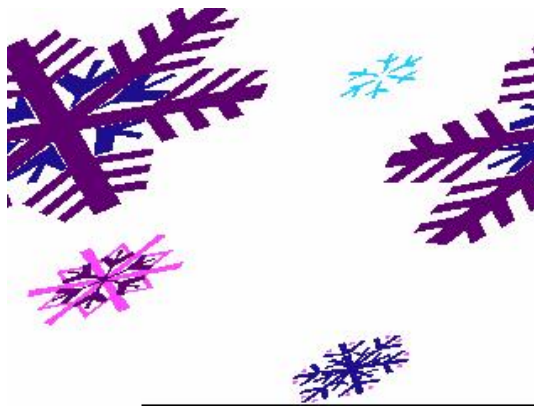


## Rollerskating

Rollerskating is offered at Middlebrook School for Trumbull residents with proof of residency. The days and times for Rollerskating are as follows:

Monday, Wednesday and Friday 4:30 p.m. – 6:00 p.m.,  
beginning October 20<sup>th</sup>.

Please note: Rollerblades are NOT permitted at Rollerskating, however Rollerskates will be provided.



## SKATE LESSONS AT "THE RINKS AT SHELTON"

### H1

#### Tots on Ice – 60 minutes – Ages 2 – 6

FEE: \$175/8 week session. NO REFUNDS. No Discounts.

A parent or guardian must remain at the rink during each eight-week session. The Rinks require a helmet (prefer hockey helmet with facemask), kneepads, elbow pads and warm gloves. Days and times are as follows:

Tuesdays starting September 2<sup>nd</sup> at 10:00 a.m. or 1:30 p.m.

OR

Wednesdays starting September 3<sup>rd</sup> at 10:00 a.m. or 1:30 p.m.

Additional classes to follow also rate increases in January 2009.

#### Learn to Skate – 25 minutes Group Lessons/25 minutes Practice time – Ages 2 - Adult

FEE: \$175/8 week session. NO REFUNDS. No Discounts.

Skaters are grouped according to age and ability and are taught in a fun and enjoyable atmosphere. Kids must wear helmets. Classes are as follows:

Wednesdays starting September 3<sup>rd</sup> – 4:00 p.m.

OR

Saturdays starting September 6<sup>th</sup> – 8:45 a.m.

Additional classes to follow also rate increases in January 2009.

Intro. To Hockey – Ages 4+

FEE: \$175/8 week session. NO REFUNDS.

Students will learn the basics. Classes will be grouped by skill level.  
Hockey equipment required.

Sundays 11:00 a.m. or 12 noon – class will begin September 7, 2008.

Additional classes to follow also rate increases in January 2009.

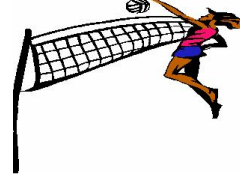
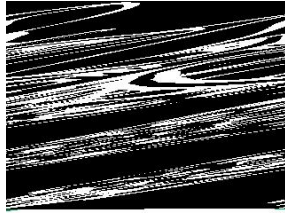
Little Islanders Hockey – Ages 4-7

FEE: \$175/8 week session. NO REFUNDS. No Discounts.

Students will learn the basics. Classes will be grouped by age/skill level.  
Hockey equipment required.  
Classes are as follows:

Thursdays starting September 4<sup>th</sup> – 10:00 a.m. or 1:30 p.m.

Additional classes to follow also rate increases in January 2009.



### *SPECIAL NEEDS SPORTS PROGRAM*

I1 - Fee: \$35. NO REFUNDS.

The Special Needs Sports Program is open to children ages 8-18 years old with special needs. It will take place at Tashua Elementary School Gym on Wednesdays from 6:30 – 8:30 p.m. The sports activities will alternate each week! The enrollment will be limited to 30 children.

Players will focus on having fun playing basketball, volleyball, kickball, dodgeball and crab (floor) soccer. They will learn basic skills in the various sports along with sportsmanship and teamwork to increase their self-esteem.

Register now at the Trumbull Recreation Department and the program will begin October 15<sup>th</sup> and run through mid-March.

\*Parents must remain with children under the age of 12 or any children with severe disabilities.



## SWIM LESSONS

Hillcrest pool is located in Hillcrest Middle School on Daniels Farm Road.

J1 - Swim Lessons - Adult: FEE: \$35/session. NO REFUNDS.

Limit = 4 people

Adult swim lessons are offered on Wednesday mornings from 9:00 a.m. – 9:30 a.m. beginning September 24<sup>th</sup>. There are four six-week sessions. Registration begins September 2<sup>nd</sup>. For further information call the Recreation Department at 452-5060.

Session 1: September 24<sup>th</sup>, October 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, and 29<sup>th</sup>.  
Session 2: November 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, December 3<sup>rd</sup>, 10<sup>th</sup> and 17<sup>th</sup>.  
Session 3: January 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>, February 4<sup>th</sup> and 11<sup>th</sup>.  
Session 4: February 25<sup>th</sup>, March 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> and April 1<sup>st</sup>.

### Special Needs Swim:

Special needs swim is offered on Saturdays from 1:00 p.m. – 2:00 p.m. beginning October 18<sup>th</sup>. For further information call the Recreation Department at 452-5060.

J2 - Swim Lessons - Childr  FUND.

Limit: 12 people/level

Swim lessons are offered to all Trumbull children between the ages of 5 and 12 on Saturdays. There are four six-week sessions and they last for 35 minutes. Registration will begin on Tuesday, September 2<sup>nd</sup> at the Recreation Department on a first come first serve basis.

Session 1: October 18<sup>th</sup>, 25<sup>th</sup>, November 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> and 22<sup>nd</sup>.  
Session 2: December 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, January 10<sup>th</sup>, 17<sup>th</sup>, and 24<sup>th</sup>.  
Session 3: January 31<sup>st</sup>, February 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> and March 7<sup>th</sup>.  
Session 4: March 21<sup>st</sup>, 28<sup>th</sup>, April 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> and 25<sup>th</sup>.

Birth Certificates are required for ages 5 and 6.

The times are as follows: 9:15 a.m. , 10:00 a.m. , 10:45 a.m. , 11:30 a.m. and 12:15 p.m.

J3 - Swim Lessons - Toddlers: FEE: \$30. NO REFUNDS.

Limit = 10 toddlers

Toddler swim is offered for parents and their children between the ages 2 ½ and 4 ½ . A parent or guardian must accompany their child in the water. There are four six-week sessions that run on Monday mornings from 9:00 a.m. – 9:30 a.m. Registration will take place in the Recreation Department beginning September 2<sup>nd</sup>. Birth Certificates required.

Session 1 begins September 22<sup>nd</sup>.  
Session 2 begins November 10<sup>th</sup>.  
Session 3 begins January 5<sup>th</sup>.  
Session 4 begins February 23<sup>rd</sup>.



# Teen Center

*Fall/Winter Hours Begin Friday September 5<sup>th</sup>.*

Indian Ledge Barn

**-Middle School 7<sup>th</sup> and 8<sup>th</sup> grade Friday Nights 7-10 PM**

**-High School Saturday Nights 7-11 PM**

**Things to do:** Pool tables, ping-pong, air hockey, foosball, half-court basketball, arcade games, televisions with DVD Players, music and more.

*\*Now Featuring XBOX 360 with Guitar Hero and other games\**

Admission is \$1.00/person.

Any students interested in joining our Teen Activities Board, or volunteering contact Dan at 452-5003.





## TENNIS LESSONS FOR ADULTS

K1 - FEE: \$70/session. NO REFUNDS.

Limit: 6 people/class.

PTR Certified Tennis Instructor Francesca Winfield from Marcy's Tennis Academy will be offering a six-week Tennis Lesson at the Tashua Knolls Tennis Courts.

Levels are as follows:

Beginner – Never played before or never had formal lessons.

Advanced Beginners – Player had an introduction i.e. formal lessons as Beginner/Advanced Beginner with instruction on grips, strokes and starting to make contact with ball on regular basis.

Low Intermediate/Intermediate USTA 2.5 – 3.0+ Recreation – Player keeps the ball in play consistently at slow pace and is learning singles and doubles strategy.

The days and times are as follows:

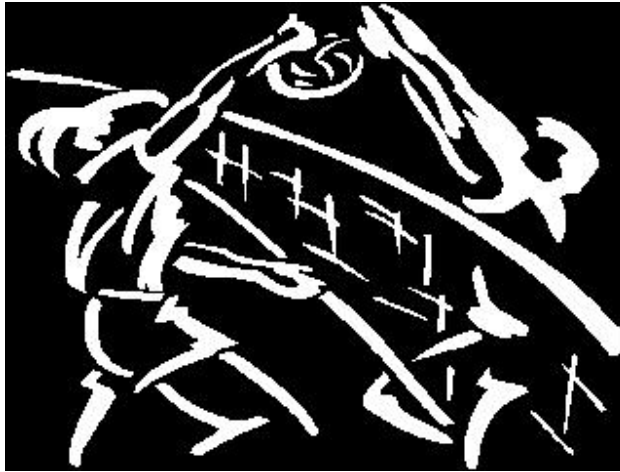
Wednesdays – beginning September 10, 2008

Beginners - 6:00 p.m. – 7:00 p.m.

Advanced Beginners – 7:00 p.m. – 8:00 p.m.

Low Intermediate/Intermediate USTA 2.5 – 3.0+ Recreation –  
8:00 p.m. – 9:00 p.m.

Saturdays - To be determined.



## VOLLEYBALL

L1 - Children's Co-ed Volleyball: FEE: \$30. NO REFUNDS.

Limit: 30 children.

The department will be offering a children's Co-ed volleyball league for boys and girls 10 years and older. For further information, call the department at 452-5060. Registration begins September 2<sup>nd</sup>. Co-ed volleyball will meet every Tuesday at Christian Heritage School located at 575 White Plains Road, from 7 – 9 p.m. beginning October 14<sup>th</sup> and ending February, 2009.

### Co-ed Adult Volleyball League:

The Co-ed Volleyball League is offered for Trumbull residents 16 years and older. The league meets Monday and Wednesday evenings from 6:00 p.m. – 9:00 p.m. at Madison Middle School beginning October 20<sup>th</sup>. For further information call the Recreation Department at 452-5060.

### Drop-in Co-ed Volleyball:

Drop-in Co-ed Volleyball is being offered for Trumbull residents 18 years and older. Volleyball will meet at the Daniels Farm Gym on Wednesday evenings from 6:30 p.m. – 9:00 p.m. beginning October 8<sup>th</sup>.

Trumbull Recreation Department  
2008 Yoga Class

M1 - FEE: \$70. No Refunds.  
Limit: 10 – 12 people.

Yoga is being offered for an eight-week Session to Trumbull Residents 18 years and older at the Teen Center – 2<sup>nd</sup> Floor at Indian Ledge Park. The day and time will be as follows:

Wednesday evenings, starting September 10, 2008

7:00 p.m. – 8:00 p.m.

If interested please contact the Recreation Department at 452-5060.

## Reminder to Trumbull Residents:

All Trumbull residents will be notified in the future of any changes regarding vehicle decals.

Please remember to remove your old decal from any vehicle you no longer own and return the decal to the Trumbull Recreation Department.

NOTE: CANCELLATIONS of all our programs will be announced on Radio Station WICC 600 AM and by calling 452-5169.